



Jonathan J. Douglas, Ph.D.

Psychologist

***Curriculum Vitae  
As of February 2011***

***Ontario Registration #3259***

**Mailing Address**

Unit 5-428  
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Barrie, ON  
L4N 8J8

**Phone**

Office: (705) 735 4776  
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**Education**

10/89 - 03/95

Graduate Studies: Doctoral Level  
Adult Clinical Psychology  
University of Windsor  
(CPA & APA Approved)

09/87 - 10/89

Graduate Studies: Masters Level  
Adult Clinical Psychology  
University of Windsor

09/83 - 06/87

Undergraduate Studies: Honours Level  
Psychology  
University of Windsor

**Academic Awards**

1988 - 1992

University of Windsor  
Tuition Scholarships

1989 - 1990

Ontario Graduate Scholarship

**Professional Affiliations**

American Psychological Association

Canadian Association of Psychologists in Disability Assessment

Canadian Psychological Association

Canadian Register of Health Service Providers in Psychology

International Society for Traumatic Stress Studies

Ontario Psychological Association  
(currently serving on Board of Directors as Independent Practice Representative)

## Clinical Experience

08/98 - Present  
(Full time since 08/04)

Psychologist, Private Practice

Offering psychotherapy and psychological assessments with individuals and couples. Conducting independent psychological evaluations, disability assessments, and insurer's examinations. Populations served include military, workplace, vehicular and childhood trauma survivors. Treating depression, anxiety, stress, grief, anger, phobia, and obsessive-compulsive disorder, and offering parent coaching. Tracking client outcomes using validated measures. Monitoring therapeutic alliance with qualitative and quantitative techniques. Provider for WSIB, RCMP and Veterans Affairs.

11/02 – 08/04

Psychologist  
Community Mental Health Clinic  
Guelph, Ontario

Consulted to multidisciplinary teams and provided in-depth psychological assessments and psychotherapy to a multicultural population. Aided in program evaluation. Work included outreach to rural communities.

09/97 – 11/02

Psychologist  
Outpatient Mental Health and Day Hospital Programs  
Cornwall General Hospital  
Cornwall, Ontario

Therapy and assessment with outpatients, day hospital patients, and inpatients. Therapy experiences included long- and short-term work, using an eclectic and flexible style based on humanistic-experiential, interpersonal, cognitive-behavioural, and psychodynamic schools. Consulting with multidisciplinary teams. Received supervision in hypnosis and EMDR, and obtained registration in Ontario. Conducted Cognitive Therapy and Interpersonal Process groups. Participated in redesigning the Day Hospital program to include a greater emphasis on group cohesion. Conducted staff training seminars. Provided crisis intervention, screening, and referral services to the Emergency Department as part of the Mental Health Emergency Team. Developed expertise in male sexual abuse survivors. Represented the hospital on the Eastern Ontario Coalition on Services for Male Sexual Trauma.

- 05/95 - 08/97  
Clinical Psychologist II  
North Central Human Service Center  
Minot, North Dakota
- Conducted individual, group, couples, and family therapy with a multicultural client population in a community mental health setting. Conducted psychological assessments from a variety of forensic and clinical referral sources (custody evaluation, risk assessment of sex offenders, consultation to Social Services, and clinical consultations). Experiences included staff education, group work in a home for unwed teen mothers, and testimony in court.
- 09/91 - 05/92 (Contract)  
05/92 - 07/92 (Volunteer)  
Supervision Traineeship (600 hrs)  
Psychological Services Centre  
University of Windsor
- Supervised junior interns in humanistic-experiential and interpersonal therapy using a variety of supervisory and observational techniques. Provided individual therapy and couples co-therapy.
- 09/90 - 08/91  
Internship (APA Approved) (2000 hrs)  
University Hospital  
London, Ontario
- Provided long- and short-term individual therapy, group therapy, assertiveness training, and relaxation training through Outpatient Psychiatry, Inpatient Psychiatry, and Health Psychology services. Employed psychodynamic, cognitive behavioural, and humanistic-experiential techniques. Provided psychological assessments and treatment planning for multidisciplinary teams.
- 09/89 - 08/90  
Internship (1000 hrs)  
Psychological Services Centre  
University of Windsor
- Intensive training in experiential psychotherapy with individuals and couples. Individual and group supervision was based on audiotape, videotape, and observation behind a one-way mirror.
- 06/89 - 08/89  
Psychometrist (Full Time)  
Adolescent Outpatient Team  
Regional Children's Centre  
Windsor, Ontario
- Provided assessments of young people aged 9-15. Consultation and treatment planning for a multidisciplinary team. Co-leader of a STEP/Teen parenting program. Provided cognitive-behavioural and supportive counseling.

## Teaching Experience

1988-1994

Taught many university classes in psychology at the first, second, and third year levels. Course content was primarily in the area of personality and personal adjustment. Most courses were taught at the University of Windsor, although I taught for one semester at Marygrove College, a small inner-city liberal arts campus in Detroit, Michigan.

## Research

Dissertation (1995)

*Constructing Codependency: An Investigation of Subjective Definitions using Q-Factor Analysis*

A qualitative and quantitative investigation (using interviews and Q-sort methodology) of the varieties of definitions of "codependency" and of the impact of the concept in the lives of those who identify themselves as "codependent."

Master's Thesis (1989)

*Evaluation and Validation of a Self-Report Scale of Irrational Beliefs*

A factor-analytic investigation of a scale developed for use in cognitive-behavioural therapy.

Honour's Thesis (1987)

*Differential Outcome and Decision Process in Delayed Matching-to-Sample Performance in the Rat*

A study of the cognitive processes of the rat.

## Presentations

Douglas, J.J. (2010, 14 Oct). Treating Operational Stress Injuries: Building Resiliency. Invited address, Land Force Area Training Centre Meaford, Meaford, ON.

Douglas, J.J. (2009, 19 Nov). Cranial Electrotherapy Stimulation: The "prescription" we can already write. Invited address, Ottawa Academy of Psychologists, Ottawa, ON.

Douglas, J.J. (2009, 14 May). Workplace bullying. Presentation to Labour Community Services of Peel, Mississauga, ON.

Douglas, J.J., & McEown, S. (2008, 2 September). Beating the bully. Appearance on "Talk Local," Rogers Television, Barrie, ON.

Douglas, J.J. (2007, 23 February). Cranial electrotherapy stimulation: A valid alternative to prescription privileges. Paper presented at the Ontario Psychological Association Annual Convention, Toronto, Ontario.

Douglas, J.J. (2005, 26 February). We all have prizes, now what? Practical implications of psychotherapy outcome research. Paper presented at the Ontario Psychological Association Annual Convention, Toronto, Ontario.

Douglas, J. J. & Nadler, W. P. (2000, 18 October). An introduction to EFT. Inservice presentation in Mental Health Grand Rounds, Cornwall General Hospital.

Douglas, J. J. (1998, 14 January). Group psychotherapy. Inservice presentation in Mental Health Grand Rounds, Cornwall General Hospital.

Douglas, J. J. (1996, 10 August). Subjective definitions of codependency. Poster presented at the American Psychological Association Annual Convention, Toronto, Ontario.

Douglas, J. J., & Minton, H. L. (1993, 22 August). Codependency: Innovation or status quo? Poster presented at the American Psychological Association Annual Convention, Toronto, Ontario. (ERIC Document Reproduction Service No. ED 369 021).

Douglas, J. J. (1993, 30 April). Constructing the codependent identity. Paper presented at the University of Windsor Psychology Graduate Conference, Windsor, Ontario.

Douglas, J. J. (1992, 15 April). Codependency: Proposal for a constructionist and feminist critique. Paper presented at the University of Windsor Psychology Graduate Conference, Windsor, Ontario.

### **Professional Development**

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|--------------------|--|
| November 4-6, 2010 | <i>Annual Meeting<br/>International Society for Traumatic Stress Studies<br/>Montréal, Québec</i>  |
| May 28-29, 2010    | <i>Advanced Workshop: Jeffrey Zeig<br/>Canadian Society for Clinical Hypnosis<br/>Toronto, Ontario</i>   |
| March 26, 2010     | <i>Overhaul of the SABS and Revised Rules of Evidence:<br/>Implications for Psychologists<br/>OPA/CAPDA<br/>North York, Ontario</i>  |
| February 5-6, 2010 | <i>Ontario Psychological Association<br/>Annual Convention<br/>Toronto, Ontario</i>  |
| October 31, 2009   | <i>Changes to Automobile Insurance in Ontario<br/>Oatley, Vigmond LLP<br/>Barrie, Ontario</i>  |
| September 11, 2009 | <i>The Science and Practice of Effective Pain Management<br/>Dan Handel, M.D.<br/>Toronto, Ontario</i>   |
| June 15, 2009      | <i>Full Membership<br/>Canadian Association of Psychologists in Disability<br/>Assessment</i>  |
| May 15, 2009       | <i>Differential Diagnosis of the Persistent Post-Concussion<br/>Syndrome &amp; Misdiagnosis of Cognitive Impairment in<br/>Brain Injury Litigation<br/>Grant Iverson, Ph.D.<br/>Toronto, Ontario</i> |

- February 21-22, 2009      *Ontario Psychological Association  
Annual Convention  
Toronto, Ontario*
- October 23, 2008      *The Effects of War on Veterans and their Families  
Jacques Gouws, PhD  
Toronto, Ontario*
- June 7-8, 2008      *Energy Psychology, Hypnosis and Chronic Pain:  
Advanced Workshop  
Maggie Philips, PhD  
Toronto, Ontario*
- February 17-18, 2008      *Ontario Psychological Association  
Annual Convention  
Toronto, Ontario*
- March 30 & April 1, 2007      *Intermediate Workshop: Applications of Hypnosis  
In PTSD, Complex Illnesses, Cancer Stress & Chronic  
Pain  
Canadian Society for Clinical Hypnosis, Ontario Division  
Toronto, Ontario*
- February 22-23, 2007      *Ontario Psychological Association  
Annual Convention  
Toronto, Ontario*
- November 11, 2006      *Certificate of Proficiency in Microcurrent Electrical  
Therapy and Cranial Electrotherapy Stimulation  
Daniel Kirsch & Allen Childs  
Mineral Wells, Texas*
- October 28-29, 2006      *Introductory Workshops in Clinical Hypnosis  
Canadian Society of Clinical Hypnosis  
Ontario Division  
Toronto, Ontario*
- February 17, 2006      *Auto Insurance Task Force Update/  
Practice Update  
Ontario Psychological Association  
Toronto, Ontario*
- January, 2006      *Emotionally Focused Therapy for Couples  
Sue Johnson  
Originally presented May 31, 2002  
Reviewed on CD*
- December, 2005      *Electromedicine Track: A Comprehensive Course in  
Microcurrent Electrical Therapy (MET) & Cranial  
Electrotherapy Stimulation (CES)  
American Academy of Pain Management  
Originally presented September 4-7, 2003  
Reviewed on DVD*

- April 15, 2005      *Psychiatric Disability in the Workplace: A Rising Tide*  
Canadian Society of Medical Examiners  
Toronto, ON
- January 17, 2005      *The Body Remembers: Recovery from Traumatic Experience*  
Dr. Clair Pain  
Toronto, Ontario
- May 10-12, 2004      *Trauma, Depression, and Addiction: Complex and Co-Morbid Mental Health Issues*  
Homewood Health Centre  
Guelph, Ontario
- November 15, 2003      *Cross-Battery Assessment*  
Ron Dumont  
Scarborough, Ontario
- November 7, 2003      *The Heroic Client*  
Scott Miller  
London, Ontario
- August 8-10, 2003      *APA Annual Convention*  
Toronto, Ontario
- May 9, 2003      *Barbara Wand Symposium*  
Various presenters  
Toronto, Ontario
- April 25, 2003      *Introduction to Brief Therapy*  
James Duvall  
Guelph, Ontario
- April 5-7, 2002      *Therapeutic Spiral Model: Creating a Holding Environment (Psychodramatic Techniques)*  
Maryann Cox, LLSW, CP, PAT  
Ottawa, Ontario
- May 23, 2001      *Understanding Sex Offenders*  
Robin Wilson, Ph.D.  
Cornwall, Ontario
- November 18-20, 2000      *The Strategic-Developmental Model of EMDR*  
Maureen Kitchur, MSW  
Toronto, Ontario
- October 20, 2000      *Cognitive-Behavioural Treatment of Obsessive-Compulsive Disorder*  
Reid Wilson, Ph.D.  
London, Ontario
- April 28, 2000      *Betrayed as Boys (Male Survivors of Sexual Abuse)*  
Richard Gartner, Ph.D., & David Lisak, Ph.D.  
Ottawa, Ontario

- April 1-2, 2000 *Trauma & Dissociation: The Changing Times*  
Colin Cameron, M.D., George Fraser, M.D., Ken Wellburn, Ph.D., et al.  
Ottawa, Ontario
- February 16 & 23, 2000 *Non-Violent Crisis Intervention*  
Colin Gonsalves  
Cornwall, Ontario  
(Refresher Courses: 2001 & 2002)
- June 25-27, 1999 *EMDR: Level II Training*  
Gerald Puk, Ph.D.  
Detroit, Michigan
- April 3-4, 1999 *Trauma & Dissociation: Rebuilding Shattered Lives*  
James Chu, M.D.  
Ottawa, Ontario
- April, 1999 Listed by *Canadian Register of Health Service Providers in Psychology*
- June 10, 1998 Completed requirements for Ontario registration
- April 24-26, 1998 *EMDR: Level I Training*  
Faye Werk, MSW  
Detroit, Michigan
- April 15-17, 1997 *Softening the Blow: How to Ease the Pain of Divorce for Children*  
Holly Pope, MSW  
Minot, North Dakota
- November 17-18, 1996 *Cognitive-Behavioral Treatment of Borderline Personality Disorder*  
Fargo, North Dakota
- October 9-10, 1996 *If You Could See It Through My Eyes: The Differences Between Men and Women, and the Impact of Culture and Socioeconomic Class*  
Deb Dewitz  
Minot, North Dakota
- August 8-12, 1996 *APA Annual Convention*  
Toronto, Ontario
- May 8-10, 1996 *Innovations in Treating Challenging Cases: Schema-Focused Cognitive Therapy in a Managed Care Environment*  
Jeffrey Young  
Bismarck, North Dakota
- April 19, 1996 *The Sex Offender: Practical Strategies for Assessment and Treatment*  
Robert J. McGrath  
Bismarck, North Dakota



March 25-29, 1996	<i>Alliance for Sexual Abuse Prevention and Treatment Basic Training Session (Treatment of Victims and Perpetrators)</i> Fargo, North Dakota
December 12, 1995	<i>Parenting with Wit and Wisdom</i> Barbara Coloroso Minot, North Dakota
December 1, 1995	Completed North Dakota Licensure Requirements
October 26-27, 1995	<i>Bench &amp; Bar Seminar: Family Law</i> North Dakota State Bar Association Bismarck, North Dakota
May 18, 1995	<i>Reality is Caregiving (Geriatric Issues)</i> Ward County Social Services & North Central Human Service Center Minot, North Dakota
May 15, 1995	<i>Orientation to the DSM-IV</i> Don Brussler, PhD Statewide Teleconference, North Dakota
February 6, 1995	<i>Current Issues in the Treatment of Eating Disorders</i> Ron Davis, PhD Windsor, Ontario
January 20, 1994	<i>Changes in Legislation Affecting the Practice of Psychology in Ontario</i> Beth Mitchell, PhD Windsor, Ontario
August 20-24, 1993	<i>APA Annual Convention</i> Toronto, Ontario
August 14-18, 1992	<i>APA Centennial Convention</i> Washington, DC
November 16, 1991	<i>Treatment of Adult Abuse Survivors</i> Eliana Gil, PhD Detroit, Michigan
November 14, 1991	<i>Enhancing Therapeutic Effectiveness: The Ericksonian Approach</i> Jeffrey Zeig, PhD London, Ontario
May 31, 1991	<i>Assessment of Malingering</i> Richard Rogers, PhD London, Ontario
February 7, 1991	<i>Caring Cross-Culturally</i> Ralph Masi, MD London, Ontario

November 9, 1990

*Time-Limited Dynamic Psychotherapy*  
Hans Strupp, PhD  
Toronto, Ontario

October 4, 1990

*MMPI-2 Workshop*  
James Butcher, PhD  
London, Ontario